

# Contra Costa County

## Antioch

As of 3/10/2016

### THE BEDFORD CENTER FOR ADULT DAY HEALTH CARE

1811 C Street

Antioch, CA 94509

(925) 778-4171

Mail: (above)

Email: [bflathers@rsnc-centers.org](mailto:bflathers@rsnc-centers.org)

#### Licensee

Choice in Aging  
Non-Profit Organization

#### Opened

1982



California Association for Adult Day Services  
Continuous Member Since 1997

#### Languages Spoken

English | Spanish | Tagalog

#### Accessing Services / Intake Process

#### Reply Time

Call: 925-778-4171

Reply Time: 24 Hours

Email: [bflathers@rsnc-centers.org](mailto:bflathers@rsnc-centers.org)

Participants are assessed by a team of health professionals, and services are provided according to an individual plan of care.

#### ADHC / CBAS (Medical Model) Hours & Attendance

Monday	10:00 PM to 3:00 PM
Tuesday	10:00 PM to 3:00 PM
Wednesday	10:00 PM to 3:00 PM
Thursday	10:00 PM to 3:00 PM
Friday	10:00 PM to 3:00 PM
Saturday	CLOSED
Sunday	CLOSED

#### Payments Accepted

- Medi-Cal Managed Care – *Contracts for CBAS with:*
  - ◆ Please inquire
- Private Insurance
- Private Pay

#### Program/s

- ADHC Adult Day Health Care
- CBAS Community Based Adult Services

The Bedford Center serves frail and disabled adults, 18 years and older who have difficulty caring for themselves at home, but wish to maintain their independence. A doctor's prescription is required for admission. A home visit is provided by our social worker for assessment and to explain admission procedures. Our service area includes Antioch, Bay Point, Pittsburg, Oakley, Brentwood, Knightsen, Bethel Island, and Discovery Bay.

#### Who We Serve

Ages: 18 or older

Average Client Age: 80

#### Special Populations

- Alzheimer's / Related Dementia
- Persons with Developmental Disabilities
- Physical Disabilities

#### Activities of Daily Living

Eating | Toileting | Transferring (Getting Up) | Walking

#### Medical Devices

Oxygen Devices | Wheelchair | Other Assistive Mobility Devices: Walkers, Canes, Braces, etc.

#### Other

- Incontinence
- Injections
- Medication Monitoring
- Medicine Administration
- Non-Ambulatory
- Wandering

#### Additional Offerings

- Adult Education Classes
- Art
- Community Outings
- Exercise Classes
- Gardening
- Music
- Nursing
- Occupational Therapy
- Physical & Cognitive
- Physical Therapy
- Speech Therapy

#### ADHC / CBAS (medical) centers are required to have licensed/credential staff to provide or arrange for the following:

(A home visit and assessment are required prior to enrollment.)

✓ Activity Program	✓ Medication Management	✓ Physician Services	✓ Social Work / Social Services
✓ Dietary Services	✓ Occupational Therapy	✓ Psychology / Psychiatry	✓ Speech Therapy
✓ Meals	✓ Physical Therapy	✓ Skilled Nursing	✓ Transportation

#### ADP (non-medical) centers are required to have staff to provide or arrange for assistance with the following:

✓ Activity Program	✓ Care & Supervision	✓ Meals	✓ Social Services	✓ Transportation
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#### ADVP (non-medical) programs are vendorized by Regional Centers to serve persons with developmental disabilities.

# Contra Costa County

## Pleasant Hill

As of 3/10/2017

**MT. DIABLO CENTER FOR ADULT DAY HEALTH CARE**  
490 Golf Club Road  
Pleasant Hill, CA 94523 (925) 682-6330

Mail: (above)

Email: [Bporter@rsnc-centers.org](mailto:Bporter@rsnc-centers.org)

Web: [www.rsnc-centers.org](http://www.rsnc-centers.org)

### Licensee

### Opened

Choice in Aging

1979

Non-Profit Organization



California Association for Adult Day Services  
Continuous Member Since 1984

### Languages Spoken

English | Farsi | Hungarian | Ilocano | Portuguese |  
Russian | Spanish | Tagalog

### Accessing Services / Intake Process

### Reply Time

Call: 925-682-6330

Next Day

Inquiry, intake screening, tour, doctor's packet sent and returned, home assessment, observation, assessment days in program, MD meeting, IPC written, IPC participant/family meeting, begin attending. Time varies greatly.

### ADHC / CBAS (Medical Model) Hours & Attendance

Monday	9:30 AM to 3:00 PM
Tuesday	9:30 AM to 3:00 PM
Wednesday	9:30 AM to 3:00 PM
Thursday	9:30 AM to 3:00 PM
Friday	9:30 AM to 3:00 PM
Saturday	CLOSED
Sunday	CLOSED

Average Daily Attendance: 58

Daily Capacity: 70

### ADP (Non-Medical Model) Hours & Attendance

Monday	9:30 AM to 3:00 PM
Tuesday	9:30 AM to 3:00 PM
Wednesday	9:30 AM to 3:00 PM
Thursday	9:30 AM to 3:00 PM
Friday	9:30 AM to 3:00 PM
Saturday	CLOSED
Sunday	CLOSED

Average Daily Attendance: 6

Daily Capacity: 19

### Payments Accepted

- Medi-Cal Managed Care – *Contracts for CBAS with:*
  - ◆ Please inquire
- Private Insurance
- Private Pay
- Regional Center Funding
- Veterans Administration

### Program/s

- ADHC Adult Day Health Care
- CBAS Community-Based Adult Services
- ADP Adult Day Program
- ADCRC Alzheimer's Day Care Resource Center

The goal of the Adult Day Health and Social Day Care programs is to promote health, independence and dignity while enhancing the quality of life of those we serve through a caring, stimulating and enjoyable environment. A separate, specialized program is provided for persons with Alzheimer's or a related dementia. Two bicultural/bilingual programs serve Russian and Afghani participants. A day at Mt. Diablo Center may include nursing care, clinical therapies, as well as social and recreational activities. Two important benefits for participants are the friendships made and the sense of community these friendships foster.

### Who We Serve

Ages: 18 and older

Average Client Age: 82

### Special Populations

- Alzheimer's / Related Dementia
- Mental Health
- Persons with Developmental Disabilities
- Physical Disabilities
- Traumatic Brain Injury

### Activities of Daily Living

Eating | Toileting | Transferring (Getting Up) | Walking

### Medical Devices

Catheter | Colostomy | Feeding Tube | Oxygen Devices | Wheelchair

### Other

- Incontinence
- Injections
- Medication Monitoring
- Medicine Administration
- Non-Ambulatory
- Wandering

### Additional Offerings

- Care Management
- Caregiver Support Groups

### ADHC / CBAS (medical) centers are required to have licensed/credential staff to provide or arrange for the following:

(A home visit and assessment are required prior to enrollment.)

✓ Activity Program	✓ Medication Management	✓ Physician Services	✓ Social Work / Social Services
✓ Dietary Services	✓ Occupational Therapy	✓ Psychology / Psychiatry	✓ Speech Therapy
✓ Meals	✓ Physical Therapy	✓ Skilled Nursing	✓ Transportation

### ADP (non-medical) centers are required to have staff to provide or arrange for assistance with the following:

✓ Activity Program	✓ Care & Supervision	✓ Meals	✓ Social Services	✓ Transportation
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### ADV (non-medical) programs are vendorized by Regional Centers to serve persons with developmental disabilities.